



LITTLE TRAVERSE BAY BANDS OF ODAWA INDIANS
7500 ODAWA CIRCLE, HARBOR SPRINGS, MI 49740

TRIBAL COUNCIL TRAVEL REPORT NARRATIVE

From: Kevin A. Gasco

Date: May 14, 2012

**Re: Gdapnamen gete mno-wisnewen-A Workshop on Revitalizing
Traditional Native American Foodways**

This weekend workshop focused on native foods. There were teachers that provided tours on gathering edible plants in the woods, and on uses of various kinds of trees and uses. There were hands on teachings for preparation of previously grown and harvested foods as well. The foods that were served were traditional native foods prepared by a Gun Lake Tribal member.

I attended the workshop on "Damnabo" which is corn soup making/teachings which was taught by George Martin, an LCO Tribal member living in Hopkins, MI. Following that session, I attended a corn washing workshop which was a continuation of the corn soup making which was taught by George Martin and Erik Vosteen. For the Saturday afternoon session, I attended the Wild rice processing workshop taught by Jonesy Miller from the Menominee Nation in WI. The evening featured various attendees sharing songs both traditional native and contemporary.

On Sunday, there was a Feast Bundle teaching provided by Punkin Shananaquet, a Gun Lake Tribal Councilor. After that, there was a brief teaching and explanation of the Three Sisters Gardening method. The three sisters are corn, beans and squash. After lunch, the teaching continued with a garden planting. The presenters for the Three Sisters Gardening method were Ted Skenandore from Oneida in WI and Kevin Finney from the Great Lakes Lifeways Institute. After the garden planting, Kevin Finney and an attendee named George, took people on a woods tour explaining the uses of various types of trees and edible plants.

The attendees ranged in age from children to adults, and both native and non-native. Many were already involved in gardening and there was a seed exchange on the final afternoon. There was time for networking and I made contact with a group from Ann Arbor which is working on Food policy. Other LTBB tribal members in attendance were Councilor John Keshick and Health Department Educator Regina Brubaker-Carver.

I am very grateful for the opportunity to attend this workshop and would highly recommend it to anyone wishing to gain greater understanding of Traditional foods, growing and harvesting, foraging and those wishing to learn more about Native culture in general. I would attend another workshop done by these organizations.



Kevin A. Gasco